Discharge Instructions:
Prostate Radiation Implant
Patient Education

Side effects may occur after your prostate radiation implant. The following recommendations can help ease side effects.

**Soreness and Bruising.** For the first few days, apply an ice pack for about 15 minutes every few hours. It may also help to wear loose fitting, soft cotton underwear.

To help soothe the area during the first week, take a sitz bath twice a day. To take a sitz bath, sit in a tub of warm (not hot) water filled above the hips for about 15 minutes. After the bath, pat the skin dry; do not rub.

Take all your prescribed antibiotic drugs as directed.

**Problems urinating.** You may have problems with starting urine flow and feel burning when passing urine. Your health care provider will prescribe a drug for you when you leave the hospital. This drug reduces pain and swelling. You should take it for two to four weeks. If starting urine flow remains a problem, you may receive a prescription for another drug to help. If you still have problems, your health care provider may insert a tube to drain the urine.

It is also common to have blood in the urine for a few weeks. Drink at least two quarts of fluid a day. This will reduce soreness and help flush the bladder of blood or clots.

**Pain.** Use the pain medicine your health care provider prescribes as directed. You may also take acetaminophen (Tylenol®) for mild pain.

**Bowel problems.** The anal area may become sore or hemorrhoids may develop. Use alcohol-free baby wipes rather than toilet paper to clean the anal area after bowel movements. Over-the-counter products such as Aquaphor®, Anusol®, or Preparation H® will help soothe this area.

Radiation implants may cause diarrhea. You may take loperamide (Imodium AD®), an over-the-counter drug, to control the diarrhea. A low-fiber diet may also help.

**Daily Activity**

For the first day or two, take frequent rest breaks and lie down to help lessen swelling. You may then resume normal activity. Do not engage in contact sports, impact sports, bike riding, or other strenuous activities for one month after the implant. Avoid heavy lifting for the first month.

**Sexual Activity**

You may resume sexual relations after two weeks. The amount of semen may be small. Blood in the semen is common for about a month after the implant. Rarely, a seed may come out in the semen. For this reason, use a condom for the first two months after the implant.

**Follow-Up Appointments**

Schedule an appointment with your radiation doctor for two to three weeks after the implant. After that, alternate follow-up visits every three months between your urologist and radiation doctor.

**Emergencies**

Problems requiring emergency attention are unlikely. Contact the radiation oncology doctor on call if any of these conditions occur:

- Severe pain or bleeding
- Inability to empty the bladder
- Fever higher than 100.4° F

**During normal business hours:**
Radiation Oncology department
801-581-2396

**After hours:**
University Hospital operator
801-581-2121

Tell the operator your call is urgent. If you do not talk to a doctor right away, you should go directly to the closest emergency room.